



THE Cheshire Chatter

Cheshire Council on Aging
PO Box 507 • Cheshire, MA 01225

September / October • 2022



Brenda's Thoughts

What a wonderful town Cheshire is. Our community truly is one to be admired. I had the pleasure of attending the Cheshire Cruz Night and saw many familiar and new faces. Our raffles were a hit and we sold quite a few tickets. Everywhere you looked were hard working volunteers, from directing vehicles, cooking and serving the food quickly with a smile, running raffle tables, setup and take down, and so many more. It takes a village, and we certainly have that here. It was amazing how many different car varieties there were. (Over 100 vehicles) Talk about an incredible fireworks show to end the night!!

On a different note, we really need some rain, but we

sure love the sun. However, without the rain the grass turns brown and I for one really miss the lush green grass. I am hoping we come out of this drought soon! On a happy note, rain or shine we are always open here at the center for food, coffee, and the best chats and laughs. Come take the bikes out for a ride, join the shuffleboard fun, try quilting, chair yoga, or come and see me anytime if you need assistance with anything. I am happy to help!

If anyone has a story that they would like to share, perhaps a unique photo, or any information in the Chatter, please reach out. 743-9719

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There's a New Chief in Town!

By Patricia Gebarowski



*Michael Alibozek
Cheshire Police Chief*

With the retirement of the longtime police chief Timothy Garner in June, a smooth transition has taken place.

The newly appointed police chief for the Town of Cheshire is Michael Alibozek.

Mike's been on the job in Cheshire for 13 years as a

patrol officer and knows the town and its people well. He's a local guy, graduating from Hoosac Valley High School. He's been an EMT for 30 years and

worked for area ambulance services before turning to police work.

He moved to Pittsfield for a time when he was first married, but only lasted a few years trying to live there. He says he had to come back. As a small-town guy, he appreciates a quiet, peaceful little town, free of noise, light pollution and populated with good people.

Mike also appreciates the inheritance of a well-organized and staffed Police Department. Full-time police coverage will be available seven days a week. To fulfill those needs, Mike as well as full time officer Cody Alvarez and several part-time officers are in place. Chief Alibozek will be available at the station every Tuesday from 4 to 8 PM to process permits or discuss issues of concern to Cheshire residents.

Easter egg hunts with prizes, Memorial Day parade activities, the Halloween open house at the police station and various community events will continue to be supported by the Police Association as always.

While Cheshire is considered a quiet little town, Mike knows well that, as in any small town, the normal rhythm of daily life can be disrupted. He feels it's important to deal with issues as needed, but without a lot of noise or fanfare. Privacy is a consideration in any situation that can be handled safely by capable police action.

A couple of programs in place over the last two years will continue. The police have a medication collection program that accepts unwanted or out of date medication for appropriate disposal. The medications can be brought to the station during public hours, or a call to the officer on duty for pick up can be arranged by calling 743-1501.

The RUOK (Are You OK) program is also available to send a daily, automated phone call for a well-being check to vulnerable or isolated individuals. By calling the non-emergency number for police assist 743-1501, the free service can be in place for anyone who needs it.

We are in good capable and steady hands with the appointment for a new chief who has a deep love and respect for our quiet little town.

Congratulations Chief Alibozek!

COA Board Members

- Robert Balawender 413.743.3356
- John Bianchi 413.743.5723
- Carol Francesconi 413.743.5028
- Mal Gwozdz 413.743.9356
- Liseann Karandisecky 413.743.7244
- Barbara Proper 413.743.4945
- Peter Traub 413.743.3496

Alternate Board Members

- Suzanne Boyle 413.743.5187
- Val Tyska 413.743.3802

Resources and Contacts

- Brenda Caufield 413.743.9719
Director
- Van Transport 413.446.2559
- Car transport (Adams COA) 413.743.8333
- Medical appointments

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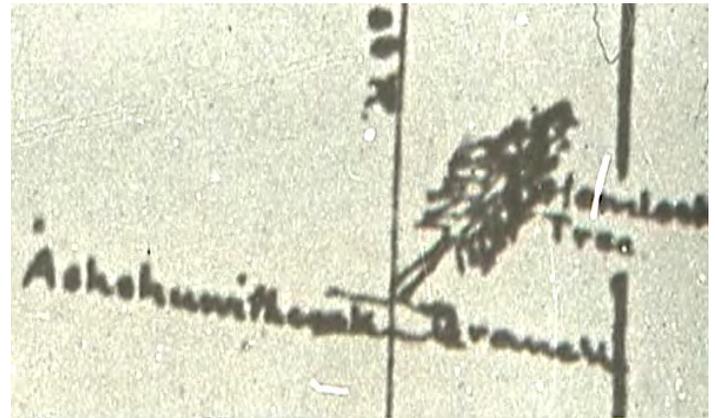
Meaning of Ashuwilticook?



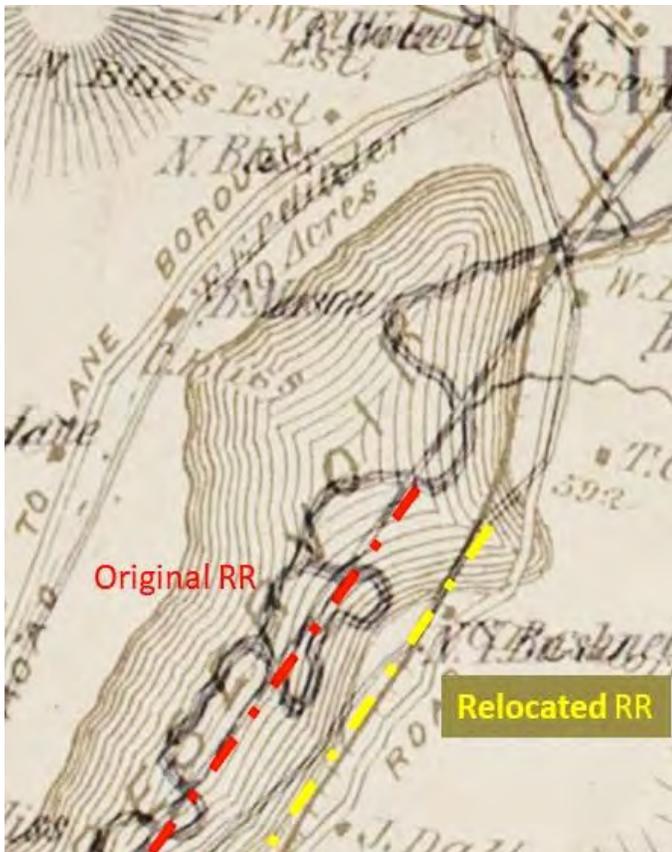
By Barry Emery

It is an old Native American word meaning *river between the hills*. The river is the Hoosic and the hills are the Hoosac Mountains (each spelled differently but pronounced the same) The earliest printed example of the word Ashuwilticook appears on this 1739 map survey (right) of the area around the south branch of the Hoosic River where a notation appears as “Ashulwithcook Branch”.

The Hoosic River is one of the few rivers that flows in a northerly direction in this area, but eventually it turns westward and flows into the Hudson River in New York state. The spelling of the river’s name through out history is quite varied. Some other spelling variations are Hoosac, Hoosuck, and Hoosick. The spelling of the river



“earliest printed example of the word Ashuwilticook”



“The original railroad was constructed in 1846”

name even changes at the border between New York and Massachusetts.

The Cheshire Reservoir has also been called by a variety of names including Cheshire Lake, Hoosic Reservoir, and Hoosac Lake. It meets the definition of a reservoir because it was *created by a man-made dam for a specific purpose* (Webster’s). In 1866 the state gave permission to mills located in Adams to dam the meandering stream, known locally as Muddy Brook, thereby creating a more reliable flow of water in the Hoosic River to the factories.

The Railroad was constructed in 1846 and crossed the Muddy Brook in several places. However, when the dam was constructed in 1866 the resulting reservoir flooded the original railroad route. Prior to creating the reservoir, the rail line was relocated to its current location, now the bike/walking trail.

The overlay (right) of the 1858 and 1876 maps from the book *What Is and What Was: Historic Virtual Tour of Cheshire* by Barry Emery shows the original winding brook and rail line (red) along with the reservoir outline and the new rail location (yellow). When the water is at a lower level one can walk along the former rail bed with the water only up to their knees



“Please Do Not Say A Word”

By *The Polish Hermit (Mark Bissaillon)*

It is the most wonderful time of the year. Please do not say a word. The mushrooms are out. (grzyby zniknęły)

Growing up in a Polish home we were all taught to pick mushrooms. It was in our blood. It was part of who we were. I thought everyone did.

So let's go back to 1975 when Polish was spoken in our home and Babcia (grandmother) was the happiest when all the grandchildren were around.

We all knew how much Babcia loved wild mushrooms. How she would make soup from them for our Christmas Eve supper and how she would add them to kapusta.



Mom, Uncle Chet, and Uncle Al taught us all how to gather mushrooms. Once the first one was found the calls went out to Aunt Theresa Uncle Chet and Uncle Al.

Sometimes Aunt Theresa would send Billy to help Mom in the woods find those gifts of the woods

I can remember one day Mom calling Uncle Chet about the mushrooms being out. She was whispering into the phone to him. I asked why and she said she did not want anyone else to know that the mushrooms were out.

I would stare out the window waiting for Uncle Chet. There, he would come up Harbor Rd with his dog Hitchy, with him with his coveralls on and a cigar in his mouth, walking a much quicker pace than normal.

He would stop in the house and talk to Babcia. It was like they were planning their attack. He'd tell her where he was going and she would add where she thought the best places were. They would both have the biggest smiles. I miss those smiles and Babcia's blue eyes.



So off we went up the back road or into the field or up the tracks. I cannot say more than what I just said. No true Polak tells where the mushrooms are.

We would walk in the woods for hours. Uncle Chet would tell me about his time in World War II and how much he loved Aunt Ceil and his girls and how much he believed in God.

Once our bags were full, we headed back to the farm where Babcia would be sitting on the front porch waiting to see our bounty. She would have a screen on the stove and place those mushrooms on that screen after scraping them with the point of a knife removing any dirt or bugs left on them.

She turned the flame real low and sometimes little worms would crawl out. She scrapped them off and nothing went discarded.

Once they were dry, she'd string them and put them in a paper bag and there they'd sit in the cabinet until a few days before Christmas.

What I would not give to relive those days, the smell, the tastes, the love. But I have to say, sometimes those mushrooms were so strong it was like eating the forest floor, but I loved them.

It is the most wonderful time of the year because the mushrooms are out. (prawdziwe grzyby)

Please do not tell a soul.





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Brooklyn



Tourists

By Diane Hitter

Back in the 1920s and '30s there were close to a dozen "tourist homes" in Cheshire. For many summer boarders it was a reunion of Brooklynites.

The Brooklyn Eagle newspaper (once edited by Walt Whitman) advertised more Cheshire summer "boarding houses" than any of the seven (at that time) Manhattan papers.

Brooklyn's busy sidewalks and tall brownstone homes echoed with glowing and nostalgic reminiscences of our beautiful town.

My Brooklyn Mother spent several happy girlhood summers at "Broadacres" (Whitney's).

My parents later "discovered" Bickford Farm, on route 8 in Cheshire, on their honeymoon in the 1930's. They returned every summer for 30 some years.

Cheshire also had "The Cedars," "Ingleside," "Goldleaf," "The Cheshire Inn," The "Elmwood," "Silver Poplar" and probably more; almost all on

or near the main road, route 8. Most served three full meals daily, often from their own on-site farms. From the hot crowded streets of Brooklyn, Cheshire was a delightful summer oasis.



The Cedars



The Cheshire Inn



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 Attractive Location on the Main Highway
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The St. John Law Office represents a more than 70 year old tradition of legal excellence in Berkshire County



Scams: Be Aware

By Attorney Edmund R. St. John II

You're relaxing comfortably at home when your phone rings and it's someone calling with a strange foreign accent, demanding money. He tells you that he's from the IRS and has an arrest warrant. What do you do?

The purpose of this article is to inform you that you don't have to listen to this caller and that it's OK to hang up. Today, we are besieged by unscrupulous people who like nothing more than to obtain your money. These assaults on your privacy take the form of phone calls and emails. Often, the caller threatens to harm you or your family, to have you placed under arrest, or misrepresents that he is calling from a bank or government agency. The IRS, all Federal and state agencies and banks have stated publicly that they will never ask you for your social security number or account number. They will not threaten you with bodily harm or arrest. Yet, despite this knowledge, thousands of people succumb to the pressure and turn over their savings to an unknown and unseen stranger.

In 2021, nearly 59.4 million Americans lost money to phone scams, with losses totaling 29.8 billion dollars. Occasionally, but very rarely, prosecutions of these crimes occur. In Berkshire County, the District Attorney was able to secure convictions against the Chaudhuri family. This family preyed on people all over the United States and were able to obtain money by threats and intimidation. Money was mailed to drop-off sites in Adams, Bennington, Vermont and Hoosick Falls, New York. The scheme was finally stopped when a package was intercepted by the police and US Postal Service. The Adams police raided an apartment on Columbia Street and arrested some of the conspirators. The Chaudhuris pled guilty and paid \$200,000 in restitution. They were deported to their country of origin. In India, police raid and close phone centers that engage in these fraudulent activities regularly, only to see them pop up somewhere else.

How can you protect yourself from becoming a victim? If you use a cell phone, most carriers provide free access to a downloadable app. AT&T has an app called Call Protect and Verizon has an app known as Call Filter. Both apps can identify fraudulent calls and block them before you ever hear a ring. Spectrum

provides an app called My Spectrum and software known as Robokiller to recognize and prevent these calls. If you get this type of call, and don't recognize the number on your caller ID, hang up. If you answer the call and the caller threatens you, or asks for your personal information, hang up. If you get an email asking for money, or a loan, or an investment, delete it. NEVER GIVE OUT YOUR SOCIAL SECURITY NUMBER OR BANK ACCOUNT NUMBER. Remember— you are the last line of defense to this crime. Don't be a victim. You worked too hard for your savings.

Become a Friend of the Cheshire Council on Aging

The Friends of the Cheshire Council on Aging provide financial and other support serving the needs of the senior population of Cheshire. By become a "Friend" and paying a ten-dollar annual membership fee, you will be supporting the activities of our seniors.

All non-profits are receiving less money from the government so the need to provide financial support from other sources has become critical. The "Friends" support activities that the Town is unable to finance. Here is a partial list of activities the "Friends" have helped financially support this past year:

- A presentations by local authors, speakers and entertainers.
- The annual nonagenarian birthday party.
- The monthly birthday lunches.
- The Cheshire Food Pantry.
- Cultural events such as plays at local theatres and trips to area museums.
- The purchase of ice cream certificates in support of the annual flag ceremony.

As a "Friend," any monetary support provided is most appreciated. For further information, please contact Ed or Pam St. John in one of the following ways:

Mail: 4 Edmunds Street, Unit N101,
Adams, MA 01220

Phone: 413.743.5183

E-mail: estjohn1@roadrunner.com

A Long Tradition

by Patricia Gebarowski

Since 1963, the Cheshire Ladies Reading Club has maintained the plantings in the “horse trough,” located in front of the Town Hall. It is a familiar sight to everyone and a treasured landmark in our town.

Have you ever wondered why that imposing granite structure is there and what might be its history?

It was a gift to the town of Cheshire to honor the memory of the Berkshire Yeoman, a company of 46 patriots mustered by Captain Daniel Brown, whose family was among the first settlers of the community on Stafford Hill.

In 1777, the group of townsmen, led by Captain Brown joined other volunteers of Cheshire and marched to Saratoga to fight for independence and defend our country against the British, led by General Burgoyne.

Sarah Brown Hall Johnston, member of the Daughters of the American Revolution and a resident of Washington DC, donated the watering fountain, as it was called at the time, to honor and memorialize her great, great grandfather, Captain Brown and the Berkshire Yeoman.

On June 17, 1914, the great unveiling was planned. It was a perfect Berkshire day and hundreds turned out for the event. The entire population of Cheshire was there, the Berkshire Eagle reported. Many representatives of the DAR, both from Massachusetts and New England attended, including Mrs. William Cumming Story, the President General of the

National Society of the DAR. The leaders of the Peace Party Chapter of the DAR from Fort Massachusetts in North Adams were involved in the planning of the ceremony.

There was a raised platform, built for the event to seat the dignitaries, a string band provided music, school children sang patriotic songs, Boy Scouts raised the banner, American flags covered the fountain.

Many officers past and present of the DAR attended, as well as the president of Williams College, the President of the Berkshire chapter of The Sons of the American Revolution, who spoke of the bravery of these men and their dedication to liberty and independence. Their willingness to fight secured freedom for all the generations who followed, he stated.

Mrs. Johnston the donor then spoke briefly, expressing the pleasure it gave her to present a memorial in their honor.

Many speeches following told of the history of our country, the settlement of the community on Stafford Hill and reflections on patriotism. Mrs. Mary Lockwood, an original founder of the DAR in 1890, spoke of the mission of the DAR to provide education to women and immigrants to this country so they could assimilate and become contributing citizens. She spoke of honoring our patriotic ancestors, “Now just a word of congratulations to the people of Cheshire for the loyalty of her heroes of old and for their no less loyal daughter, who has presented this beautiful fountain in their memory. We know how highly it will be prized and are sure

Continued on page 8



Photo #1 from Barry Emery Collection.



Photo #2 taken by Gene Gebarowski

A Long Tradition

Continued from page 7

that it will be carefully regarded throughout the coming years.”

The children led the singing of “The Star-Spangled Banner” at the ceremony’s conclusion. A reception for 200 followed at the Cheshire Inn, which had originally been built and operated by Captain Daniel Brown.

The granite fountain stands 7 1/2 feet high and weighs 15 tons. It was constructed by E.F. Temple, a mason from North Adams. The sides are smooth, the front and back are rough hewn. Two plaques originally adorned the front and back. The plaque on the back remains and bears the name of the donor, the front plaque listed the names of the men who were members of the Berkshire Yeomen. It has been removed at some point.

Water fountains were found in all towns, not always as grand as ours, but there for the purpose of providing hydration for dogs and horses and

people. Our version has the large basin in the front for horses, in the rear a small one for people to drink from, and one at the base for dogs. It was thought that since many dogs ran loose at the time and they could become very thirsty especially in the hot weather, their behavior might be mistaken for mad dog disease or hydrophobia. It was humane to provide a source for water and most businesses placed containers in front of their entrances.

Today our watering fountain is not a working model, but then our transportation is another kind of horsepower. We will continue to take care of this granite treasure and as we pass by give a thought to those who so long ago bravely fought for all the generations to follow.

Editor's note: Patricia Gebarowski is the president of the Cheshire Ladies Reading Club. The oldest ladies reading club in the United States, meeting continuously since 1859.

DAR Daughters of the American Revolution

Founded in 1890, a non-profit, non-partisan organization whose membership consists of women who can trace direct lineage to participants in the Revolutionary War.

Its purpose is historic preservation, education, and patriotism.

Headquartered in Washington D.C., membership today totals 185,000.

Past members include many luminaries, first ladies, and our own Susan B. Anthony.

It considers itself one of the most inclusive genealogical societies in the country.

SAR Sons of the American Revolution

Founded in 1889, non-profit, non-partisan organization, its purpose and membership as noted above, consist of men, age 18 and over whose lineage can be traced to participants of the Revolutionary War and those who supported it.

Headquartered In Louisville, Kentucky, members have included President Theodore Roosevelt, who signed the Congressional Charter, many other presidents, statesmen, members of the military and men of letters. Current membership is over 37,000. Over 200,000 have been admitted since its founding.

Cheshire's Hazard Mitigation & Municipal Vulnerability Plan Listening Session Coming Up:

Since Fall 2021, the Cheshire has been putting together a Hazard Mitigation and Municipal Vulnerability Preparedness (MVP) Plan. This plan addresses the impact of natural disasters and changing weather patterns. To date, a Core Team has formed including folks from Fire and Police, Town Administration, the Hoosac Lake District, and Highway Dept. This group of folks has met almost every other week for the past year to identify hazards and vulnerabilities and develop a plan.

In early June, the Core Team organized a stakeholder workshop and brought in key leadership including the water department, Hoosac Valley School District, Lake District representatives, Select Board members, emergency personnel, Conservation Commission, Planning Board, and Finance Committee. Holed up in the Fire Department's Training Room on a beautiful day for this all-day event, participants came up with a prioritized list of actions that would better prepare the Town during the next big storm or other disaster.

Actions identified and included in an adopted final plan make Cheshire eligible for grant funding both at the State level through the MVP Program and for federal FEMA grants. But first, we need your input! The Core Team chose three top priorities for the Town when it comes to hazard resilience. It's crucial that we get your vote and feedback on these actions. Your input will go into the plan and help decide what actions the Town finds funding for. To do this we invite you to come to one of the upcoming public listening sessions.

Two Upcoming Listening Sessions

- In-person: September 14th at 12:30 pm at the Senior Center
- Online - September 21st at 7pm via Zoom. Register with the following link: <https://tinyurl.com/CheshireListen>

You'll learn more about the planning process and have an opportunity to give us your feedback. We hope to see you there!



Dedicated community members, leaders come together to create a plan.



Cheshire Lions Club - The Cheshire Lions Club remains an active contributor to our community during these trying times. We are always looking for new members. Among our contributions, we support ongoing eye research efforts. We have also supported numerous local organizations such as the Youth Center, the Friends of the Cheshire Council on Aging, the Cheshire Fire Department and various charitable organizations and athletic teams. We donate annual scholarships to Cheshire graduates from Hoosac Valley High School, McCann Technical School and BART. Every year, during the Christmas season, we conduct our Give A Gift program to provide those in need, local families and seniors, with Christmas gifts. Our club also installs and cares for the American flags located throughout the town. If you are interested in joining or would like more information or have any questions, please contact Ed St. John at 413-743-5603 or email to estjohn1@roadrunner.com.

SPECIAL EVENTS

September ~ October

September 7th

Wednesday, at 12:15pm Stephen Roy from Veteran’s Affair will be at the Cheshire Community Center to speak about Camp Lejeune.

September 8th

Thursday, the Cheshire Book Club will meet at the Cheshire Community Center at 6pm. All are invited. The book chosen was “The Violin Conspiracy,” by Brendan Slocumb. Michelle Gajda will lead the discussion.

September 23rd

Friday, at noon will be a Nonagenarian birthday (90 and older) for residents at the Bounti-Fare Restaurant.

September 29th

Thursday, at 1:30pm. Card Making with Lorraine at the Cheshire Community Center.

September 30th

Friday, at 6pm Terry Ala Berry Concert, Ages 5-105 at the Cheshire Community Center.

Music and Movement

Renowned square dance caller Cliff Brodeur and Arlo Guthrie drummer Terry A La Berry have teamed up to present an elementary school program called Sticks and Boots. This program aims to invigorate and encourage children to move and interact with each other in song and dance after so many months of isolation and necessary reliance on electronic devices. With their combined upbeat spirit, they will provide social-emotional learning both mentally and physically for the well-



being of children in grades PreK through 6 thru their music and movement program



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Volunteers Needed

We need your help in providing stories for the Chatter. Either, ones provided by you or suggestions of who to ask for their stories. We would like more pictures of scenes in town or of events. Let Brenda know if you are interested in providing pictures or taking pictures of COA or town events.

**Call with your suggestions/submissions
413.743.9719**

COMMUNITY NOTES

Cheshire Pantry In collaboration with the Cheshire Fire Department-

The Cheshire Pantry is located in the kitchen of Cheshire Elementary School.

We are open to any Cheshire resident of any age on the first Saturday of every month from 11am to 12 noon. PICK UP WILL OCCUR IN THE CIRCLE IN FRONT OF CHESHIRE SCHOOL. Delivery is available to anyone without transportation.

Monetary donations and nonperishable food may still be left at the Senior Community Center for later pick up by pantry personnel.

Town Clerk- State Primary September 6, 2022. Polls open: 7:00 am to 8:00 pm at Cheshire Community/Senior Center, 119 School Street.

Early Voting in Person begins August 27, 2022. Schedule is posted on Town website.

As always, Please license your dog!

Cheshire Police Department -

- Congrats to Chief Garner on his retirement
- Sgt. Michael J. Alibozek promoted to Chief
- Ofc. David Tarjick promoted to Sergeant
- Ofc. Cody Alvarez promoted from Part Time to Full Time
- New hire ~ Part Time Ofc. Claude Jean-Calixte
- Harbor Master ~ Adam Healey
- Animal Control Officer ~ Kim Witek*
- New Position ~ Traffic Safety and Events Officer*
- New Office Hours*
- New Phone System*
- New Patrol Coverage

~ *Animal Control Officer:* We have joined forces with the Adams Police Department with a joint ACO. ACO Kim Witek will be covering both Adams and Cheshire. All animal control needs will be covered by the on duty officer and ACO Witek will be called into assist if the officer feels that her services are required. All ACO requests need to go through our dispatch center 413-743-1501.

~ *Traffic Safety and Events Officers:* We have hired 4 retired officers to assist with coverage on road construction and events that required assistance from the department. These officers are there to provided safety to the public and crews working in the area.

~ *New Office Hours:* The department will be open to the public from 4:00pm – 8:00pm every Tuesday. The change

in hours will hopefully be more effective in providing the public a window of opportunity to stop in and take of there needs. Office hours are designed so the public can process there LTC, FID, and bring issues or concerns to the Chief of Police.

~ *New Phone System:* When called the Cheshire Police Department (413-743-1501) there will be someone to answer the call 24/7. If the on duty officer is on a call or away from the department the system is designed to automatically connect to the Berkshire County Dispatch Center. This will provide the caller to handle any need they may have. (ACO, Police, Fire) NOTE: This service is for non-emergency calls; for ALL emergencies, the caller should use 911.

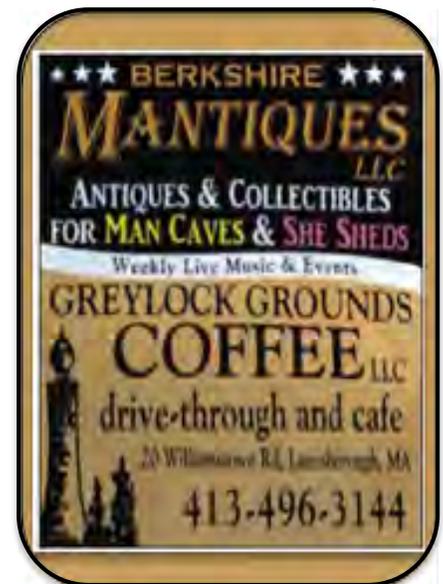
~ *New Patrol hours:* With the addition of a new full time position the department is available from 7am-11pm seven days a week, with the Massachusetts State Police covering from 11pm-7am. There maybe windows when the State Police are needed to cover during our new patrol hours.

Cheshire Ladies' Reading Club - The September meeting will be held at the home of Patricia Gebarowski on September 8th from 1 to 3 PM. Meetings are held every two weeks at members' homes on a revolving basis. We are currently reading "Mountains Beyond Mountains" about Dr. Paul Farmer, written by Tracy Kidder. The books the group reads are read at the meeting not beforehand.

You are welcome to attend a meeting. New members are welcomed. Call Pat for information or with questions @ 413-743-2177.

Historical Commission - The Cheshire Historical Commission had a table at the recent Block Party. We featured a display of books by Barry Emery, whose works present a lively, interesting take on Cheshire's rich history. The Cheshire Historical Commission is accepting donations of items or documents relating to our town's history.

Please call
743-5423
for details.



Cheshire COA Center for Active Living (Senior/Community Center)

The Café at 119 School Street, Cheshire - The Elder Services lunches will be served Mondays, Tuesdays, and Wednesdays inside at 11:30am with the Grab n Go meals to continue five days a week if there is a need. To reserve your meal, call 743-9719 at least 24 hours in advance. Suggested Meal Donation of \$3.00 for those 60 and over.



Cheshire COA Van -The COA Cheshire Center for Active Living van is available Mondays, Tuesdays, and Wednesdays. Please call 24 hours before to schedule a ride. A \$3.00 donation is appreciated. Call: (413) 446-2559.

CHP Mobile Health Van - The CHP medical van is scheduled for Cheshire on Wednesday, September 21st from 10-Noon and Wednesday, October 19th 10-Noon. Please follow our Facebook page for dates and times. If you need any non-emergency medical attention or have medical questions stop by and ask the CHP Mobile Health Unit staff. No appointments needed and open to anyone. You may also call Brenda with any questions at the COA office @ 413-743-9719



Blood Pressure readings - Blood pressure readings with Mal and Carol offered Mon, Wed, Fri 10-11

Foot Clinic - The Foot Clinic will be scheduled for Thursday, September 15th 8:30am - 1:30pm. Sorry, no walk-ins; appointments only. Held inside the Center. Call Brenda @ 413-743-9719, to schedule an appointment and for protocol. There is a \$35 fee for this clinic.



Brown Bag - Free paper bag of food available on Fri, Sept. 23rd and Fri., Oct. 28th between 11:30am and 12:30pm. Contact Brenda to sign up,

Bike Loans - Bikes can be taken out Mon-Thurs 9-1 (Bikes returned by 1)

Morning Exercise - 9am -10am Mon, Wed, Fri.

Chair Yogo - 10-11am Fridays, let by Maryanne Kuffs

Shuffleboard - Every Mon & Wed at 6pm, weather/heat permitting.

Pickle Ball - Set up in St. Mary's Church parking lot (Mon-Thurs)

Bingo - Every 2nd and 4th Thurs at 12:30pm

Quilting - Quilting with Betty will resume on September 8th and 22nd from 1-3:30pm. \$5 donation to attend.

Cheshire Senior Club - We meet every Wednesday at 12:30 at the Community Center. We plan a lunch outing once a month at different area restaurants.

While our outing plans can be spontaneous and fluid you can be sure they will be fun. In August our group was at High Lawn Farms in Lee for a guided tour. Did you know their cows sleep on waterbeds and milk themselves robotically? Did you know that over 90% of the Jersey cows in the United States can trace their heritage back to High Lawn Farm in Lee? AND their ice cream flavors are great! In the next couple of months



we plan to Bar-B-Que at Old Man Jeffs, do some apple picking, maybe a side trip to Balderdash Cellars as well as fit in a trip to one of our favorites, Ozzies in Hinsdale. If you're interested in the club, attending one of our outings or supporting the club stop in on any meeting day or call Gene @ 743-2177 for information.



Photos courtesy Cheshire Senior Club

September

2022



Photo by T.F. Williamson: *Find the woodpecker*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COA / Community Calendar				1 Take Away Lunches 10-12	2 Exercise 9-10 Chair Yoga 10-11 Take Away Lunches 10-12	3 Food Bank 11-12 Pick up at Elementary School
				4	5 Labor Day 	6 <input checked="" type="checkbox"/> VOTE State Primary 7 am – 8 pm at Community Center
11 Exercise 9-10 Lunch 11:30	12 Exercise 9-10 Lunch 11:30	13 Lunch 11:30 Bingo 12:30	14 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	15 Take Away Lunches 10-12	16 Exercise 9-10 Chair Yoga 10-11 Take Away Lunches 10-12	17
18 Exercise 9-10 Lunch 11:30	19 Exercise 9-10 Lunch 11:30	20 Lunch 11:30	21 Exercise 9-10 Coffee Hour 10-11 Health Van 10-12 Lunch 11:30 Senior club 12:30	22 Take Away Lunches 10-12	23 Exercise 9-10 Chair Yoga 10-11 Take Away 10-12 Brown Bag 11:30	24
25 Exercise 9-10 Lunch 11:30	26 Exercise 9-10 Lunch 11:30	27 Lunch 11:30 Bingo 12:30	28 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	29 Take Away Lunches 10-12 Card making w/Lorraine 1:30pm	30 Exercise 9-10 Chair Yoga 10-11 Take Away 10-12 Terry A-La-Berry Program 6pm	

October

2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COA / Community Calendar						1 Food Bank 11-12 Pick up at Elementary School
2	3 Exercise 9-10 Lunch 11:30	4 Lunch 11:30	5 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	6 Take Away Lunches 10-12	7 Exercise 9-10 Chair Yoga 10-11 Take Away Lunches 10-12	8
9	10 Exercise 9-10 Lunch 11:30	11 Lunch 11:30 Bingo 12:30	12 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	13 Take Away Lunches 10-12	14 Exercise 9-10 Chair Yoga 10-11 Take Away Lunches 10-12	15
16	17 Exercise 9-10 Lunch 11:30	18 Lunch 11:30	19 Exercise 9-10 Coffee Hour 10-11 Health Van 10-12 Lunch 11:30 Senior club 12:30	20 Take Away Lunches 10-12	21 Exercise 9-10 Chair Yoga 10-11 Take Away Lunches 10-12	22
23	24 Exercise 9-10 Lunch 11:30	25 Lunch 11:30 Bingo 12:30	26 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	27 Take Away Lunches 10-12	28 Exercise 9-10 Chair Yoga 10-11 Take Lunches 10-12 Brown Bag 11:30	29
30	31 Happy Halloween Exercise 9-10 Lunch 11:30					